



# Live the healthier way

with Healthy 365





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# Introducing Healthy 365

**Download Healthy 365 to receive your Healthier SG enrolment benefit (\$20 worth of Healthpoints) after your first health plan consultation.**

**Healthy 365 offers you a personalised experience to achieve holistic health with a variety of fun programmes, challenges, and resources.**

- a)** Set and track your progress towards physical activity and sleep goals.
- b)** Earn rewards through fun programmes.
- c)** Join workout classes and health workshops with friends and family.
- d)** Access recommended resources and programmes.
- e)** Redeem Healthpoints for various lifestyle rewards.



Download the app at [go.gov.sg/gethealthy365](https://go.gov.sg/gethealthy365)

# Need assistance?



## Visit the following for help with Healthy 365:



**Community Centres**



**Active Ageing Centres\***



**:DIGITAL OFFICE**

**SG Digital community hubs at Community Centres and Public Libraries**

\*Seniors aged 60 and above can approach their nearby Active Ageing Centres. For Singpass issues, please visit any Community Centre near you.



Visit [go.gov.sg/healthy365website](https://go.gov.sg/healthy365website) to learn more!

# Stay active every day



Aim for **at least 150-300 minutes of moderate-intensity aerobic activities** each week.

## Exercise Intensity



### Light

Can talk in full sentences and sing.



### Moderate

Can talk in short sentences but cannot sing.

E.g. Brisk walking, leisure cycling



### Vigorous

Have difficulty talking.

E.g. Running, kickboxing, High-Intensity Interval Training (HIIT)

**Include muscle-strengthening activity at least 2 days a week.**

Try exercises such as:

Qigong



Pilates



Weight Training



# Eat healthier and well-balanced meals

## (A) Use My Healthy Plate as a guide



**Fill 1/4 plate with wholegrains**  
(E.g. wholemeal bread or brown rice)

**Fill 1/4 plate with good sources of protein**  
(E.g. beans, eggs, meat, or fish)

**Fill 1/2 plate with fruit and vegetables**

To strengthen and maintain muscles and bones, adults aged 50 and above should eat sufficient protein and calcium-rich foods.

- Have 1 serving of protein-rich food every meal
- Have 1 serving of calcium-rich food every day (e.g. low-fat milk, sardines, tau kwa, or ikan bilis)

If you have chronic conditions such as diabetes, please check with your doctor for an individualised diet plan.

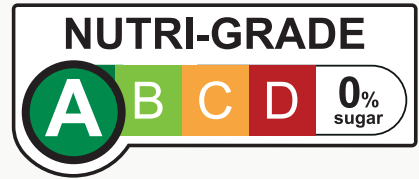
## (B) Choose healthier food and beverages

Choose food and beverages with the **Healthier Choice Symbol**.



Eat All Foods in Moderation

Choose **Nutri-Grade A or B** drinks which are lower in sugar and saturated fat.



## (C) Reduce your sodium intake

Limit sodium intake to **2,000mg per day** (about 1 teaspoon of salt).

Choose food products with the “Lower in Sodium” Healthier Choice Symbol.



Lower in Sodium

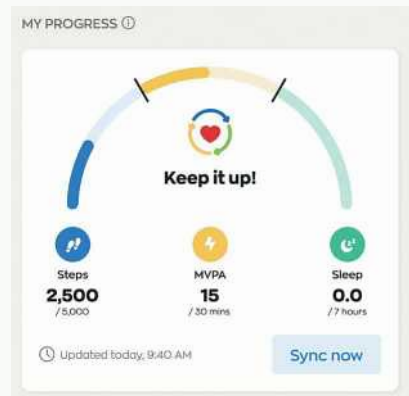


# Programmes and features

on Healthy 365

## (A) Goal setting and milestone-based challenges

Set your personal goals for steps, Moderate to Vigorous Physical Activity (MVPA), sleep, and track your progress towards these goals with a compatible fitness tracking device.



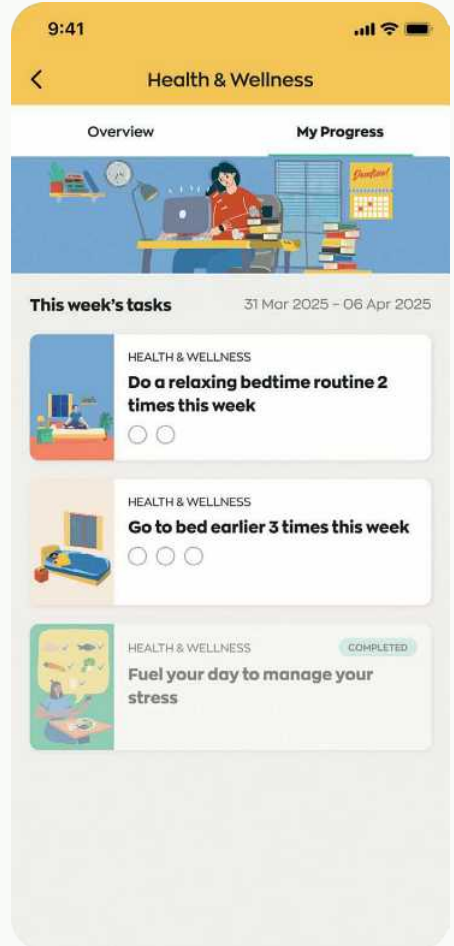
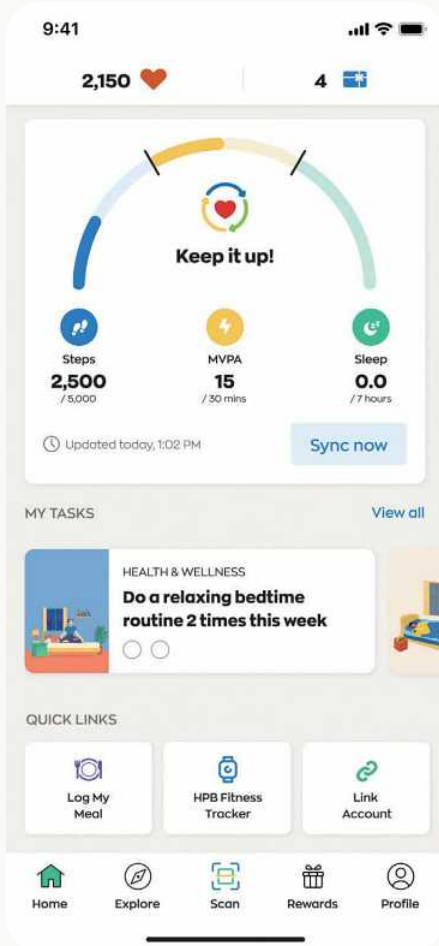
Achieve challenge milestones and be rewarded



Learn more at:  
[go.gov.sg/healthy365website](https://go.gov.sg/healthy365website)

## (B) Health & Wellness

Your personalised guide to achieving holistic health. This feature recommends relevant activities and interactive content to motivate you to take small, achievable actions towards a healthier lifestyle.



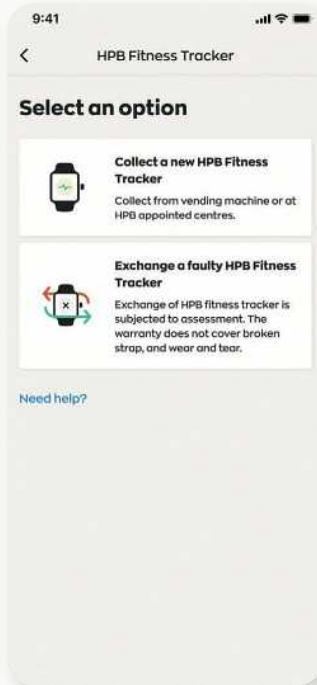
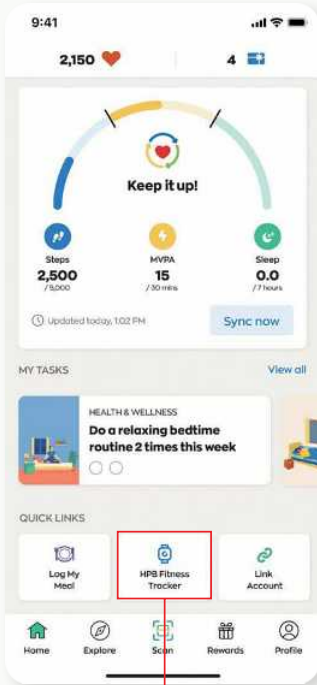
Learn more at:  
[go.gov.sg/healthy365website](https://go.gov.sg/healthy365website)

# Need a fitness tracker?

You can conveniently collect your free HPB fitness tracker at vending machines located across the island!



Check your eligibility and find out how to collect your fitness tracker or make an exchange:  
[go.gov.sg/healthy365-fitness-tracker-features](https://go.gov.sg/healthy365-fitness-tracker-features)



Click on "HPB Fitness Tracker" to collect or exchange a tracker



# (C) Eat, Drink, Shop Healthy Challenge

Participate in the Eat, Drink, Shop Healthy Challenge and earn sure-win rewards when you buy healthier choice groceries, food and drinks at supporting outlets.



Take part in 3 simple steps:



Eat All Foods in Moderation

**1** Buy Healthier Choice items



**2** Scan QR receipts with Healthy 365



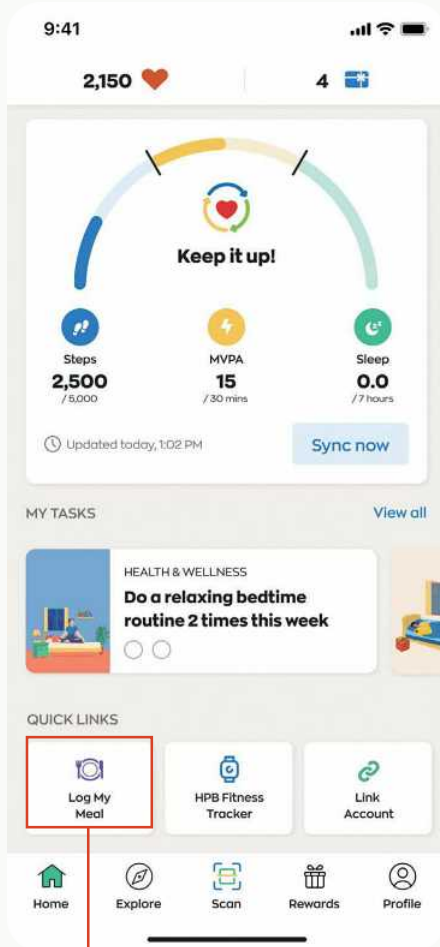
**3** Redeem Rewards



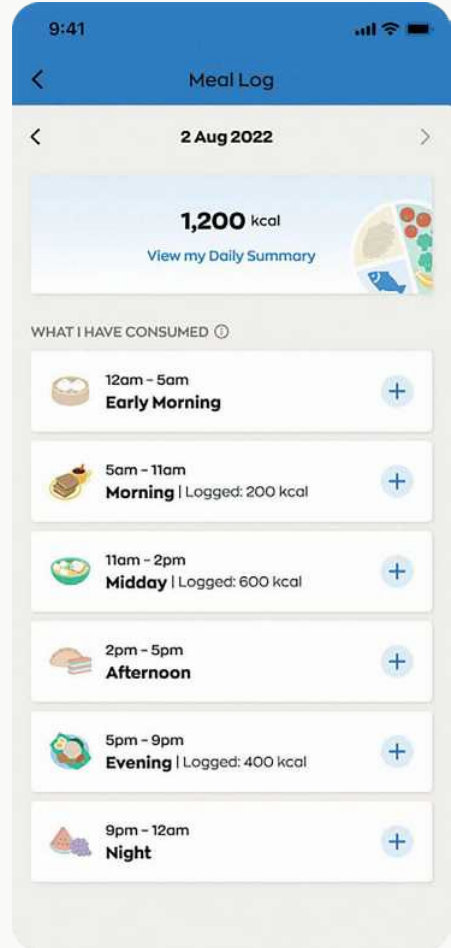
Visit [go.gov.sg/edsh](https://go.gov.sg/edsh) to find out more!

# (D) Know your daily calorie intake

Log your meals and track your daily calorie intake on Healthy 365.



Click on "Log My Meal" to start logging your meals



# (E) Join programmes specially designed for adults aged 50 and above

## In-person Programmes



### Move It, Feel Strong

Join a weekly group activity (e.g. Zumba Gold, low-impact aerobics) to stay active and reduce your risk of falls, joint pain and stiffness.



### Live Enriched & Live Happy Workshops

Join interactive workshops to pick up tips for a healthier lifestyle!



Visit  
[go.gov.sg/lwaw](https://go.gov.sg/lwaw)  
 to learn more!

**LIVE WELL  
 AGE WELL** 



## Rolling Good Times\*

Join to learn about common fall risks, how to avoid them and what to do if you fall.



## Healthy Ageing Promotion Programme for You (HAPPY)\*

Join to learn simple exercises to improve your strength and balance, and dual-tasking activities to keep your mind active.



## Steady Lah\*

Grow stronger and feel 'steady lah'! Learn exercises to strengthen your muscles and tips for a nutritious diet!



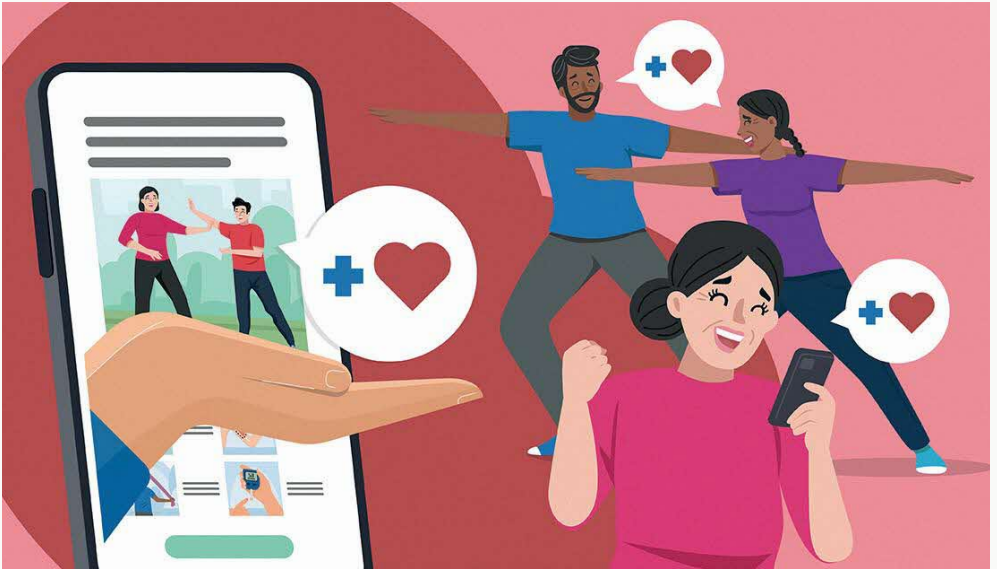
Visit [go.gov.sg/aacdirectory](https://go.gov.sg/aacdirectory) or head to any Active Ageing Centre near you to learn more about how to sign up!

\*Individuals will need to pass a suitability check to participate in the programme

# Digital Programme

## Age Strong

Take your first step towards a healthier body and mind with Age Strong – a holistic digital health programme designed for anyone aged 50 and over, to power up your health, one simple task a day!



Look forward to quizzes and customised workouts. Be rewarded in more ways than one as you complete tasks and hit milestones.

Kick-start your Age Strong journey today!

# AGESTRONG

# Take part in 3 simple steps:

1

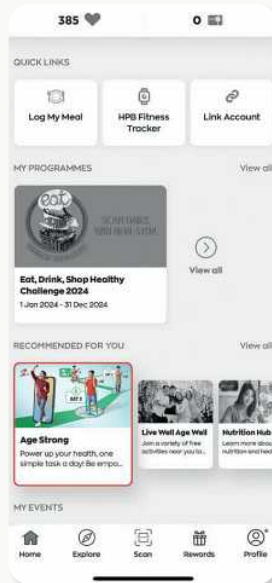
Download and open Healthy 365

2

Go to “Recommended for You” and select “Age Strong”

3

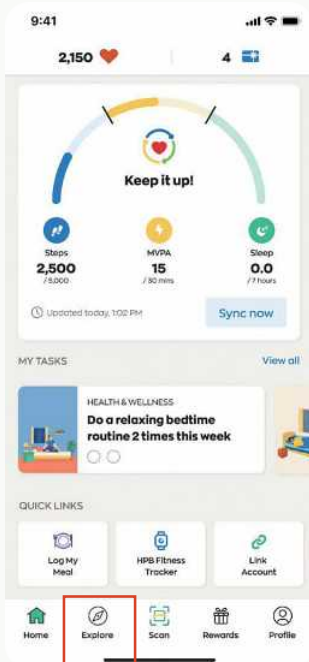
Click “Start now”



Visit [go.gov.sg/agestrong](https://go.gov.sg/agestrong) to learn more

# AGESTRONG

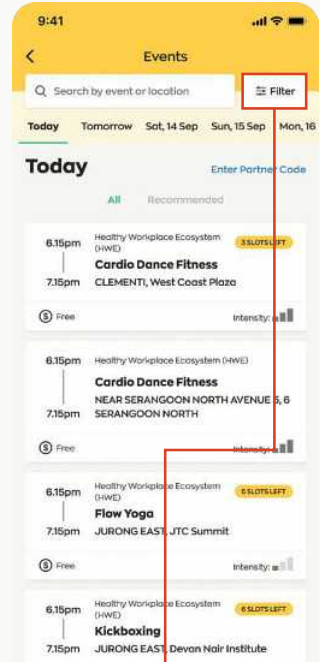
# (F) Find more community events on Healthy 365



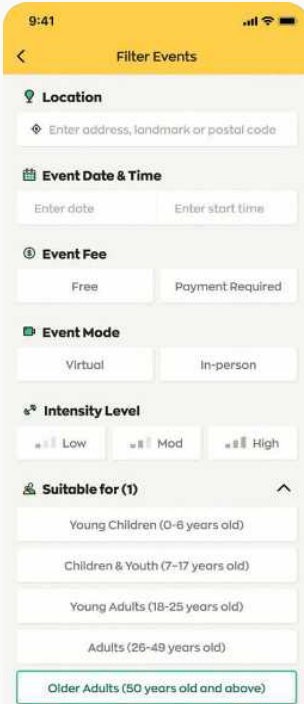
**Step 1**  
Click  
“Explore”



**Step 2**  
Click  
“Events”

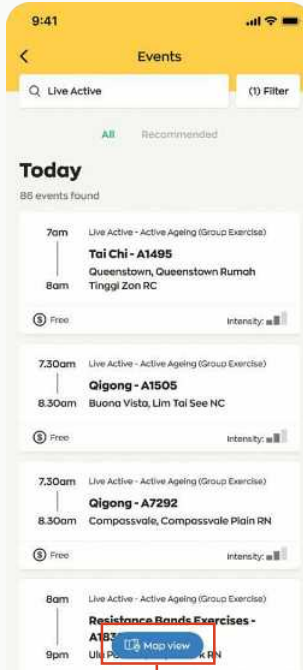


**Step 3**  
View the  
listed events  
and filter for  
preferred  
activities



## Step 4

Filter by location, date & time, and age group



## Step 5

Tap on “Map view” to locate nearby activities



# Have sufficient sleep daily

## to feel refreshed and alert the next day

As part of a healthy lifestyle, aim for about **7 to 9 hours of sleep daily** for:



**Better mood**



**Clearer mind**



**Better health**

Tips to sleep better:

- Stick to a regular bedtime
- Avoid evening naps
- Put aside devices with screens (e.g. phones) 1 hour before bedtime
- Unwind through a relaxing bedtime routine
- Stay away from caffeine and alcohol at night



Visit [go.gov.sg/sleep-gp](https://go.gov.sg/sleep-gp) for more sleep tips!

# Stay nicotine-free today

if you are a smoker or vaper

Start your quit journey today!



Visit [go.gov.sg/iquit](https://go.gov.sg/iquit) to sign up for the I Quit Programme!



# Get vaccinated to protect yourself

Enjoy special subsidies\* for recommended vaccinations under the National Adult Immunisation Schedule at your enrolled Healthier SG clinic.

Vaccine	40 - 64 years	≥ 65 years
<b>Influenza (INF)</b>	1 dose annually or per season	1 dose annually or per season
<b>Pneumococcal:</b> • PCV20; or • PCV13 and/or PPSV23	1 dose of PCV20; or 1 dose of PCV13 and/or 1 or more doses of PPSV23 (depending on age or medical condition(s))	
<b>Shingles (recombinant herpes zoster vaccine (RHZV))*</b>	40 - 59 years    2 doses	≥ 60 years
<b>Tetanus, reduced diphtheria and acellular pertussis (Tdap)</b>	1 dose during each pregnancy	
<b>Hepatitis B (HepB)</b>	3 doses	
<b>Measles, mumps and rubella (MMR)</b>	2 doses	
<b>Varicella (VAR)</b>	2 doses	

\*Special subsidies apply for Singapore citizens enrolled with Healthier SG. Special subsidies do not apply for Shingles vaccine.

Recommended for

Adults with specific medical condition or indication

Adults who meet age requirement

Adults who have not been previously vaccinated, or lack evidence of past infection or immunity



Visit  
[go.gov.sg/naisvac](https://go.gov.sg/naisvac) to learn more!

# Get screened today

Enjoy subsidised\* Healthier SG Screening# at Community Health Assist Scheme (CHAS) GP clinics and polyclinics when your recommended screening tests are due.

*\*Eligible Singapore Citizens and Permanent Residents will enjoy subsidies for Healthier SG Screening#, with special subsidies for Healthier SG-enrolled Singapore Citizens at their enrolled clinics.*

*#formerly known as Screen for Life*

Age group	Screen for	Frequency
<b>40 years and above</b>	Cervical cancer (women only)	Once every 5 years
	Cardiovascular risk	Once every 3 years
<b>50 years and above</b>	Colorectal cancer	Once a year
	Breast cancer^ (women only)	Once every 2 years

*^Women aged 40 to 49 years old and 70 years old and above may be offered Healthier SG Screening based on their risk profile in consultation with their doctor.*



Visit  
[go.gov.sg/healthiersg-screening-h365](https://go.gov.sg/healthiersg-screening-h365)  
 to learn more!



**Scan for  
online copy**

 1800 223 1313\*

 [HPB\\_Mailbox@hpb.gov.sg](mailto:HPB_Mailbox@hpb.gov.sg)

\*Airtime charges apply for mobile calls to 1800 service lines.